

**Statistics Report 35144, Stew, dumpling with mutton (Navajo) [a](#)**
**Report Date: July 16, 2017 06:42 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
<a href="#">Water</a>	g	79.21	2	--	76.13	82.29	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Energy	kcal	101	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	422	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<a href="#">Protein</a>	g	8.71	2	--	5.25	12.17	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
<a href="#">Total lipid (fat)</a>	g	3.78	2	--	3.73	3.83	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
<a href="#">Ash</a>	g	0.27	2	--	0.14	0.41	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	8.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<a href="#">Sugars, total</a>	g	0.21	2	--	0.13	0.28	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
<a href="#">Sucrose</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004

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Glucose (dextrose) <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Fructose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose <a href="#">1</a>	g	0.21	2	--	0.13	0.28	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch <a href="#">1</a>	g	7.77	2	--	6.89	8.66	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	14	2	--	10	18	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Iron, Fe <a href="#">1</a>	mg	1.79	2	--	1.39	2.19	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg <a href="#">1</a>	mg	8	2	--	5	12	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Phosphorus, P <a href="#">1</a>	mg	63	2	--	44	83	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Potassium, K <a href="#">1</a>	mg	82	2	--	55	109	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Sodium, Na <a href="#">1</a>	mg	46	2	--	28	64	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn <a href="#">1</a>	mg	1.85	2	--	1.2	2.49	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Copper, Cu <a href="#">1</a>	mg	0.053	2	--	0.04	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn <a href="#">1</a>	mg	0.064	2	--	0.04	0.09	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Selenium, Se <a href="#">1</a>	µg	10.2	2	--	5.7	14.6	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Thiamin <a href="#">1</a>	mg	0.065	2	--	0.05	0.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">1</a>	mg	0.091	2	--	0.08	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Niacin <a href="#">1</a>	mg	2.005	2	--	1.2	2.81	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Pantothenic acid <a href="#">1</a>	mg	0.162	2	--	0.16	0.16	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin B-6 <a href="#">1</a>	mg	0.041	2	--	0.03	0.05	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Folate, total <a href="#">1</a>	µg	41	2	--	19	63	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Folate, food	µg	41	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-12 <a href="#">1</a>	µg	0.82	2	--	0.59	1.06	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Retinol <a href="#">1</a>	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin A, IU	IU	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.37	2	--	0.37	0.37	--	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, beta <a href="#">1</a>	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004

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Tocopherol, gamma <a href="#">1</a>	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, delta <a href="#">1</a>	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) <a href="#">1</a>	µg	1.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated	g	1.709	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
10:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
12:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
14:0 <a href="#">1</a>	g	0.082	2	--	0.06	0.13	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
15:0 <a href="#">1</a>	g	0.021	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
16:0 <a href="#">1</a>	g	0.808	2	--	0.76	1.13	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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17:0 <a href="#">1</a>	g	0.056	2	--	0.05	0.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:0 <a href="#">1</a>	g	0.736	2	--	0.58	1.14	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
20:0 <a href="#">1</a>	g	0.006	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
22:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	1.533	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
15:1 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated <a href="#">1</a>	g	0.061	2	--	0.06	0.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
17:1 <a href="#">1</a>	g	0.027	2	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated <a href="#">1</a>	g	1.438	2	--	1.62	1.74	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <a href="#">1</a>	g	0.007	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.274	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated <a href="#">1</a>	g	0.193	2	--	0.22	0.23	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated <a href="#">1</a>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.053	2	--	0.05	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c <a href="#">1</a>	g	0.007	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c <a href="#">1</a>	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated <a href="#">1</a>	g	0.013	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Cholesterol <a href="#">1</a>	mg	28	2	--	21	35	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

**Footnotes**

<sup>a</sup> Weight of serving based on limited sampling and may vary widely.

